

SUMMER FIT



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SummerFit - Week 3

Two weeks have passed since you began SummerFit. Now is a great time to take a look at your tracking sheet. Are you earning points in a wide variety of categories? Choose a category below that you can improve on this week. Don't forget to take advantage of the bonus points offered for involving a friend in SummerFit and for taking part in the bonus activity of the week. A well-rounded tracking sheet will lead to the best results!

SummerFit points categories:

- 30 minutes of physical activity – 7 points
- 8 ounces of water – 1 point
- 1 fruit or vegetable serving – 2 points
- 1 day without using tobacco (all participants eligible) – 2 points

You may also earn points by:

- Completing the “Weekly Bonus” – 10 points

Why Fruits and Vegetables?

There are many reasons to include more fruits and vegetables in your diet. Fruits and vegetables are rich in nutrients, high in fiber, low in fat and calories, and can be found in many shapes, sizes, colors, and flavors.



For years experts have been advising us to consume five to nine fruits and vegetables every day. It is important to know that regardless of how many fruits and vegetables you currently eat, that having more is beneficial to your health. The nutrients provided in fruits and vegetables fight off many diseases, including cancer. Another important reason to eat fruits and vegetables is that by consuming more of the low calorie, nutrient rich, items, you are less likely to overindulge on higher calorie items with less nutritional value.

It is important to have a well balanced diet that includes many fruits and vegetables. To learn more about the benefits of fruits and vegetables, and for great preparation tips, visit [Fruits and Veggies - More Matters](#).

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Weekly Bonus

This week's bonus points can be earned by visiting one of Indiana's farmers' markets.



Like fruits and vegetables themselves, Indiana farmers' markets come in all shapes and sizes and can be found in urban and rural areas alike. Most farmers' markets contain local produce and are sold by your Hoosier friends and neighbors. Farmers' markets stock a wide variety of seasonal fruits and vegetables and are known for the quality of the produce and for freshness and taste.

The Indiana Department of Agriculture has made it easy to find farmers' markets in your county. [Visit this site](#) to find the nearest market and award yourself 10 bonus points for visiting one this week.